

# HELP YOUR CHILD GROW

What your child needs to grow well:

Lots of love and attention  
Enough healthy foods  
Enough sleep

What keeps a child from growing well?

Not feeling loved or important  
Sickness  
Not eating enough healthy foods  
Poor appetite

## ASK YOURSELF THESE QUESTIONS if your child is not growing well...

These questions might help you decide to change some of the ways you feed your child.

- Does my child often eat candy, chips, cookies or soft drinks?
- Is my child getting enough milk every day?
- Am I giving my child a wide variety of foods?
- Does my child get healthy foods for snacks?
- Am I making meal time as pleasant as possible?



# TO HELP YOUR CHILD GROW

Here is a handy guide for you and for anyone else who is feeding your child:

## MEALS

- ★ Always feed your child **breakfast**. Sometimes children eat breakfast best.
- ★ For **lunch and supper**, give one food from each of these food groups:
  - Milk, Yogurt and Cheese Group
  - Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group
  - Vegetable Group
  - Fruit Group
  - Bread, Cereal, Rice and Pasta Group
- ★ Give milk with meals.

## SNACKS

For extra calories and protein, give foods from these groups:

- Milk, Yogurt and Cheese Group
- Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group

Try:

- Peanut butter on crackers
- Bean burritos
- Bean dip on crackers
- Pudding made with milk
- Cheese toast
- Deviled eggs
- Hard boiled eggs



Ask the nutritionist about getting extra calories from regular milk and other foods high in fat.

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